

PSYCHEDELIC RESEARCH SNAPSHOT

PSYCHEDELIC ART AND IMPLICATIONS FOR MENTAL HEALTH



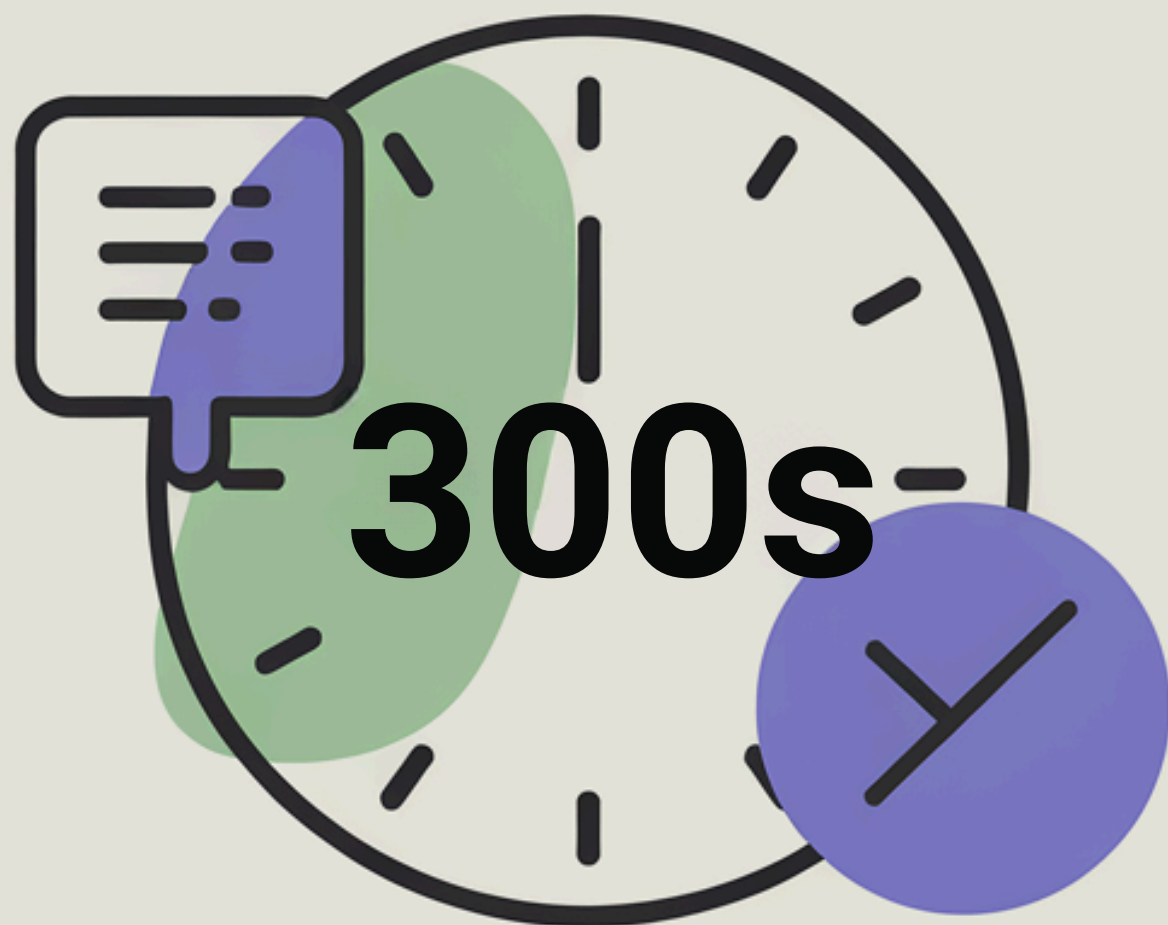


Study Objective

Explore how psychedelic art affects emotional, mental, and physical states. Compare its effects to natural scenery for therapeutic potential.

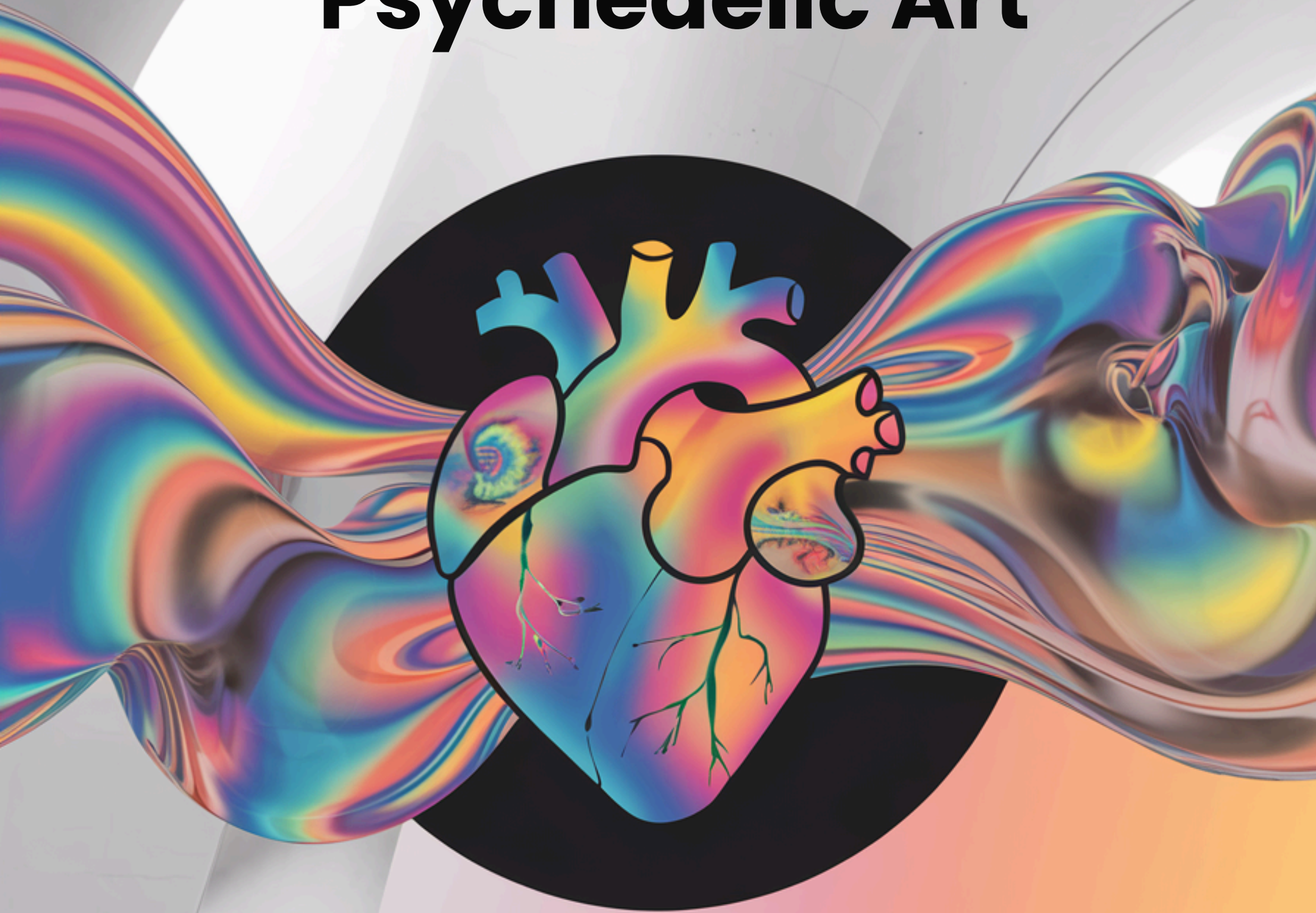
What Participants Did

Participants viewed a
300-second video.



Surveyed afterward on
emotional, mental,
and physical states.

Emotional Impact of Psychedelic Art



Participants reported feelings of relaxation,
euphoria, and reduced stress.

Increased awe and wonder
compared to natural scenery.

Cognitive Effects of Psychedelic Art



Stimulated creativity and
wandering thoughts.
Induced semi-hypnotic states
and improved focus.



PHYSICAL IMPACT OF PSYCHEDELIC ART



Promoted calmness and
reduced tension.

Physical relaxation exceeded
that of natural scenery.

ART VS NATURE:

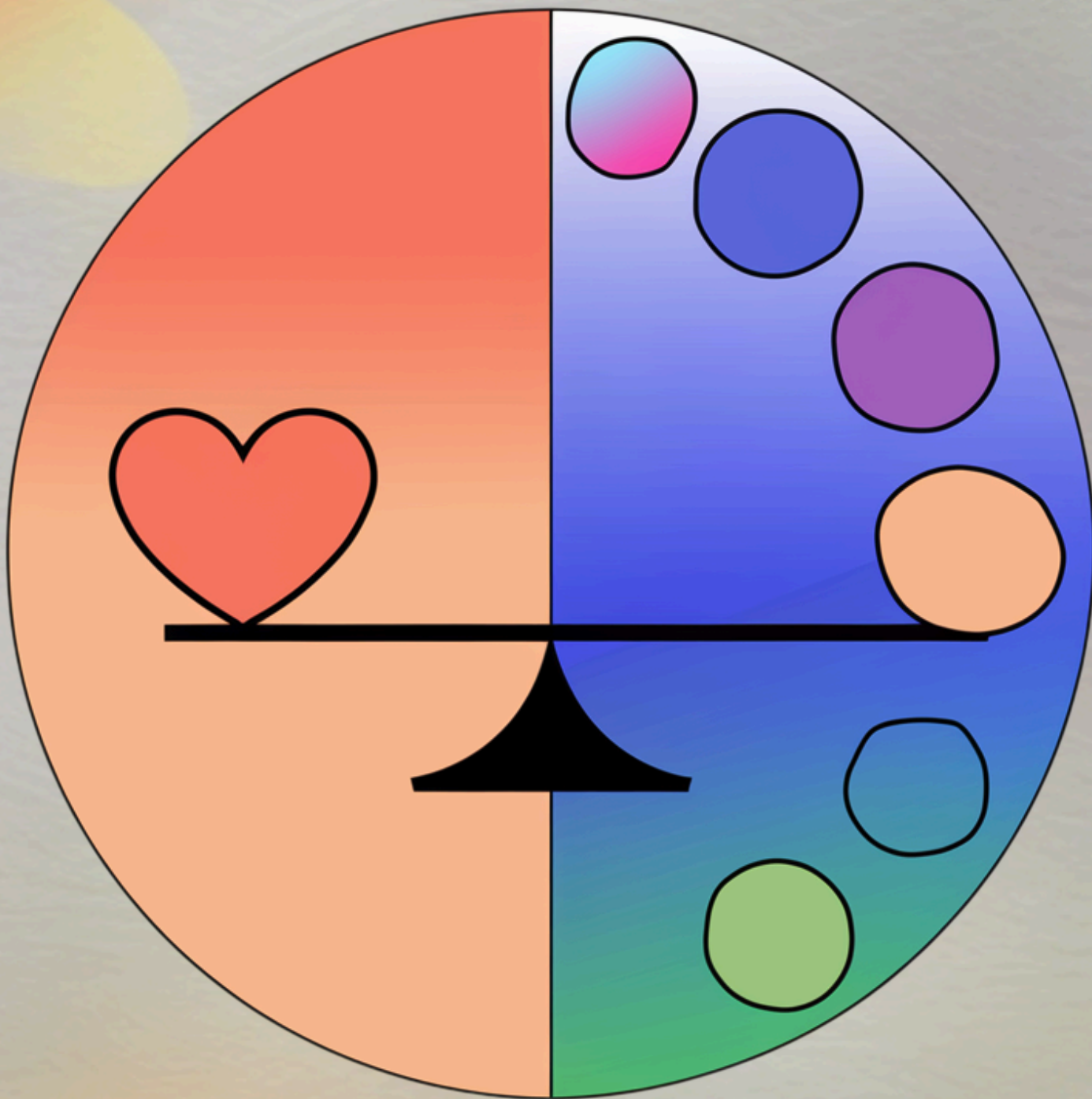
What's the difference?



Natural scenery:
induced relaxation
and familiarity.
Less emotional
stimulation.

Psychedelic art:
greater emotional
intensity.
Stimulated
creativity & awe.

Why This Matters



Supports emotional and cognitive therapy.
Blends creativity with therapeutic benefits.

STUDY LIMITATIONS



Small sample size (N102)
Short exposure duration (300 seconds)
Limited to younger adults (18–35)

Citation

Psychedelic Art and its implications for mental health.

Peng ML, Monin J, Ovchinnikova P, Levi A, McCall T.
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